

Sleeping Giant State Park

Your next adventure awaits!

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The ParkConneCT program is expanding and now includes transit services and connections to more of Connecticut's state parks. Start your adventure with the information below:

From New Haven:

 Take CTtransit 228 or 229 from Church St. / Chapel St. to the Whitney Ave. / Mount Carmel Ave. stop

Whitney Ave./Mount Carmel Ave. Bus Stop

Church St./Chapel St. Bus Stop

STATE PARKS

New Haven Union Station

SHORE LINE EAST

From Hartford:



- Take CTrail Hartford Line from Hartford Union Station to New Haven State Street Station
- Walk .3 miles to the Intersection of Church St. / Chapel St. to transfer to CTtransit 228 or 229
- Take CTtransit 228 or 229 to the Whitney Ave. / Mount Carmel Ave. stop

From New London:



- Take CTrail Shore Line East from New London Union Station to New Haven State Street Station
- Walk .3 miles to the Intersection of Church St. / Chapel St. to transfer to CTtransit 228 or 229
- Take CTtransit 228 or 229 to the Whitney Ave. / Mount Carmel Ave. stop

New London Station

CHRILL

From Stamford:



- Take New Haven Line (Metro-North) from Stamford to New Haven Union Station
- Walk or take the Union Station Shuttle (weekdays only) to Church St. / Chapel St. to transfer to CTtransit 228 or 229
- Take CTtransit 228 or 229 to the Whitney Ave. / Mount Carmel Ave. stop

Additional Information

- CTtransit 228 and 229 connect directly to a trail off Whitney Ave that leads to the park entrance
- Visitors can indirectly connect to routes 228 and 229 by taking the Union Station Shuttle from New Haven Union Train Station to the New Haven Green and boarding at the intersection of Church St. / Chapel St. on weekdays only
- The Farmington Canal Heritage Trail connects directly to the trail leading to the park entrance
- Park admission is free when arriving by bus
- Bus service is free through December 1st

Operator Information